CHAPTER I
INTRODUCTION

“*You will be nearer to heaven through football than through the study of the Gita*”

- (Swami Vivekananda as cited in Swami Muktirupananda, 2011)

Football is the most popular sport in the world. All over the globe, people are attached to this game in deep and passionate cultural way. Soccer or football, as it called in most part of the world. There is just something about soccer, which over the years has earned nick names including the beautiful game, the simplest game, the world’s game and the people’s game. (Roberts, 2010).

Football is played at a professional level all over the world. Millions of people regularly go to football stadiums to follow their favorite teams, while billions more watch the game on television. A very large number of people also play football at an amateur level. (Vijay Asthana, 2009). Football is a popular, complex strategical game of physical and mental challenges. At least 200 million licensed players participate in football and 20 million football games are arranged each year in the world. Football is a team game the object of which is to advance an inflated round ball towards the opponents’ goal posts by kicking, passing, dribbling, and playing with any part of the body except arms and hands. (Witvrouw, 2003)

Playing any sports offers the opportunity for players to develop qualities that will help them as they strive for excellence in their lives. It is the sports that demand its players take on a lot of responsibility for what happens in the game. There are no time outs. The game runs uninterrupted. Much responsibility for team’s success and excellence rests with each individual player. (Roberts, 2010)
1.1 HISTORY OF FOOTBALL

The contemporary history of football spans more than 100 years. It all began in 1863 in England. When rugby football and association football branched off on their different courses and the world’s first football association was founded (The Football Association). Both forms of football stemmed from a common root and both have a long and intricately branched ancestral tree. The spread of football outside Great Britain mainly due to the Britain influence abroad, started slow, but it soon gathered momentum and spread rapidly to all parts of the world. (Subhash K. Goyal, 2009)

In 1863 a group of players and managers from English public schools got together in London and wrote a set of rules for the sports and they called it football, which is how most of the world refers to it. Federation Internationale de Football Association (FIFA) was founded in 1904 and based in Zurich. Federation Internationale de Football Association (FIFA) is the International governing body of soccer. Federation Internationale de Football Association (FIFA) administers and markets all worldwide soccer competitions including the world cup and oversees all changes to the rules of the game. The international Football community grew steadily, although it sometime met with obstacles and setbacks. In 1912 twenty one national associations were already affiliated to the Federation Internationale de Football Association (FIFA). By 1925 the number had increased to thirty six. The Federation Internationale de Football Association boasts of more countries among its membership than the united nations. No other sport have so many passionate players and fans. (Roberts, 2010).

During the colonial rule the British introduced the game of football in India and it rapidly caught the fancy of the native masses. Football is one of the most
popular games in India. The game commands a massive fan following across the length and breadth of the country. But of late football has lost out to its more illustrious cousin cricket in the popularity stakes. The game found a strong foothold in Bengal with the mohun bagan club coming up in 1889. The Durand cup tournament is the world’s third oldest tournament which was started in Shimla in 1898 by India’s foreign secretary sir Mortimer Durand. The all India football federation (AIFF), the governing body in football, introduced the national football league in 1996, in a bid to raise the standard of the game in India. Kolkata in the state of west bengal is considered to be the home of Indian football. Despite football being a highly popular game in India, major victories at the international stage are few and far between. While the national team languishes at the rock bottom of the rankings, the all India football federation has done precious little to raise the standard of the game of India. (Subhash K, Goyal,2009)

1.2 LAWS OF FOOTBALL

The first ever set of football rules were written at eton college in 1815. The Cambridge rules were a code of football rules. It was codified based on the mid 19th century efforts to standardized the widely varying forms of football played at the public schools of England.

Football has 17 laws or “rules” by which the game is played. Most of these laws are easy to understand. The laws are designed to make football fun, safe, and fair for all participants. The object of football is for a player to get the ball into the other team’s goal by using any part of the body except the player’s hands and arms. The goalie is the only player allowed to touch the ball with the hands and arms and then only while the player is located in his own penalty area. (Subhash K, Goyal,2009)
1.3 FITNESS

Fitness is multidimensional and involves several sub-components. Even the layperson may recognize the fitness terms of speed, strength, skill, stamina and suppleness, factor analysis of fitness measures reveals 11 components of fitness, five of these are health related and six are skill related. Both skill and health related measures of fitness are relevant to successful football performance. The characteristic between skill and health related fitness is that health related measures are thought to be most important for general health, whereas skill related components provide the added qualities required for participation in sport. Every individual possesses a certain standard in each of the 11 components of fitness. It is the quality and quantity of these components that determine overall fitness. Specialization in these components enables players to demonstrate their advanced competence in sport-related contexts such as football. Deficiencies in fitness will affect the ability of a player to express technical and tactical abilities during competition. (Gareth Stratton, 2004)

1.4 FITNESS TRAINING IN FOOTBALL

Football players need a high level of fitness training to cope with the physical demands of a game and to allow for their technical skills to be utilized throughout the practice session and competition period. Therefore, fitness training is an important part of the overall training programme. Common to all types of fitness training in football is that the exercise performed should resemble match-play as closely as possible. This is one of the main reasons why the majority of fitness training should be performed with a ball. Other advantages of conducting training as a drill or game are that the players develop technical and tactical skills under conditions similar to those encountered during a match, and that this form of training usually provides greater motivation for the players compared to training without a ball. (Knapp, 1974)
1.5 PHYSICAL FITNESS

Physical fitness is the basic fitness of all other fitness. Physical fitness is not only one of the most important keys to a healthy body, it is also the basis of dynamic and creative activity. Physical fitness has been defined by many people in several different ways. Physical fitness is but one aspect of total fitness with the other parts of the whole, forming a cluster of many interrelated qualities. Physical Fitness is a positive quality. Everybody has some degree of fitness. But it varies from individual to individual and in the same individual from time to time. It is a combination of physical attitudes, social adoptability, emotional stability and mental efficiency. (Yobu, 2010)

Physical fitness is a thing which one cannot afford to neglect. It is a major factor that determines the output of a person’s life. Life will be miserable and unsuccessful without good health. The life without physical fitness is like “a ship without radar”. One who is physically fit enjoys robust health and has a fine physique and satisfactory levels of social and emotional adjustment; fitness represents the capacity to live most vigorously and effectively with one’s own resources. Physical fitness is a complex phenomenon, consisting of various factors like speed, flexibility, agility, endurance, explosive power etcetera. (Barrow and Rosemary, 1979). Physical fitness represents one of the several facts of sports and physical activity, which can have definite influences on the health and the well being of sports and physical activity, which can have definite influences on the health and well being of children and adolescents, as well as adults. The measurement of physical fitness raises several conceptual, methodological and technical problems, which explain why surveys including such measures have been scarce until recently. (Michaud and Narring, 1996)
1.6 PHYSICAL FITNESS COMPONENTS

Taking into consideration of feasibility, criterion, availability of the instruments and relevance of variables the following physical fitness variables namely speed, agility, flexibility, explosive power and cardio vascular endurance were selected for this study.

1.6.1 SPEED

Speed is the ability to perform a movement quickly. The ability to react rapidly and powerfully is clearly a prerequisite for the developing young football player. (Gareth Stratton, 2004). Speed is used in sports for such muscle reaction (motor movement) that are characterized by maximally quick alteration of contraction and relaxation of muscle. It is also the ability to execute motor actions, under given conditions in minimum possible time. (Uppal, 2001)

1.6.2 AGILITY

Agility is one of the components of physical fitness, motor fitness and motor ability. Agility may be defined as the physical ability which enables an individual to rapidly change body position and direction in a precise manner. Agility is an important ability in many sports activities, as exemplified in a fast game. (Yobu, 2010)

Agility is the ability to change the position and control the movement of the body quickly and efficiently. Agility is central to successful football performance because of the requirements to twist, turn, jump and sprint. Agility refers to the controlled ability to change position and direction rapidly and accurately. Two condition exist under which the ability of the performer should be influenced diversely (1) a reaction of a known type and in a known direction, to a stimulus that is anticipated; and (2) a reaction of an undermined type and in an unknown direction
to a set of stimuli that may vary widely and hence, he somewhat unpredictable (Gupta, 2003).

1.6.3 FLEXIBILITY

Flexibility is important in performing exercise efficiently, safely and enjoyable. Without adequate flexibility, one might not be able to stretch sufficiently, might overstress a muscle or ligament, and might even feel uncomfortable moving. Flexibility is probably the component of physical fitness that is most overlooked, yet the consequences of ignoring flexibility can be pain and discomfort, injury and poor health. (Jerrold S, Greenberg, 2004)

In football flexibility is mainly the ability to move the body through a full range of motion. (Greg Gatz, 2009)

1.6.4 EXPLOSIVE POWER

Explosive power is the ability to release maximum force in the vertical jump. The predominant requirement for success in a large number of sports skills is explosive power. For the lower body, this is perhaps best exemplified by the vertical jump. It represents the product of strength and speed of movements which is very essential. (Hardayal Singh, 1991).

1.6.5 CARDIO VASCULAR ENDURANCE

Endurance may be defined as “ability to sustain a series of repetitions of an activity without unduly taxing the physiological systems that furnish the fuel and oxygen to the muscles”. “Endurance is the ability to do sports movements, with the desired quality and speed, under conditions of fatigue and it is an ability that the importance of which is often over looked in several sports.” (Hardayal Singh, 1991)
1.7 PSYCHOLOGY

Psychology as a branch of knowledge is devoted to the study of behavior of human beings. (Aloa and Adeniyi, 2008)

1.8 SPORTS PSYCHOLOGY

Sports psychology is a science in which the principles of psychology are applied in a sport or exercise setting. These principles are often applied to enhance performance. (Richard H, Cox, 2002)

1.9 PSYCHOLOGICAL SKILL TRAINING

Psychological skills training is the deliberate, systematic practice of strategies and methods designed to enhance an athlete’s performance, by enhancing his psychological skills. Psychological skills training is important to the athlete as physical training, and in most sports success comes from utilizing and maximizing a combination of technical, tactical, physical, and psychological abilities. (Hardy Jones 1997).

Research indicated that the use of mental skills such as preparatory arousal, imagery, relaxation, attentional focus, and self-talk are important areas in the field of sport psychology. They also asserted that these skills are attaining a specific standard of proficiency on a task, usually within a specified time limit and can increase performance during competition. (Vealey, 2007 and Williams & Harris, 2001).

1.10 PSYCH UP STRATEGIES

‘Psych-up’ refers to psychological readiness and ‘strategy’ refers to long term plan. Although having all the physical, physiological aspects elevated and without mental drive, the performance will lag. By practicing psych-up strategy, players can improve the qualities such as self-concept, confidence, determination, optimism, motivation, calmness under pressure, by enhancing mental strength (Loehr, 1986).
Where a team sport is involved, getting psyched up is a group process. In this, the team chemistry, the coaches’ pep talks, motivational style and his or her relationships with the players are all vital elements of the “psyching up” process. The basic foundation of psych-up strategies is that mental skills can be learned and developed in a manner similar to physical skills (Weinberg, 1994).

1.10.1 PREPARATORY AROUSAL

Preparatory arousal is a strategy in which an individual purposefully engages in an activity to get themselves emotionally “pumped up” or “charged up” to increase the body’s level of arousal. Preparatory arousal is a common mental preparation strategy used among competitive athletes. Preparatory arousal can increase performance of simple tasks requiring maximal strength and muscular endurance and Power. (Parker, 2011).

1.10.2 IMAGERY

Imagery is the mental creation or re-creation of sensory experiences in the mind.

Imaging a sport skill is similar to performing the skill, except that athletes experience the action only in their mind. (Vealey, 2001). Imagery is the visualization of situations, which can be used to practice skills, motivate the player whether for competition or for rehabilitation. Imagery skills can be developed. Although some athletes have ‘photographic memories’ or ‘vivid imaginations’ and can conjure up images with ease, those without such natural facility can learn to visualize situations effectively. It should also be remembered that some athletes have strong negative imaginations and tend to concentrate on ‘worst possible’ scenarios: their positive imagery skills need to be developed. (Smith, 1987)
1.10.3 SELF TALK

Self talk is the verbal dialogue in which athletes interpret their feelings and perceptions, evaluate themselves and gives themselves instructions or reinforcement. (Hackfart and Schwen K. Merger, 1993)

Zinsser, Bunker and Williams (1998) explain that thoughts affect feelings, which in turn influence behaviour or performance. Self talk can be in the form of words actually spoken, or in the form of thoughts that come into one’s mind. Self talk must be positive in nature and lead to positive feelings about an athlete’s ability. Self talk can be effective in helping the athlete to continue to work hard in order to achieve a worthwhile goal. In becoming proficient in a new skill, the athlete changes bad habits and learns new good habits.

1.10.4 ATTENTIONAL FOCUS

Attentional focus is your ability to concentrate on the cues or signals you will respond to during the course of the athletic activity.

An athlete’s ability to attend to appropriate stimuli competition has been termed attentional focus. The concept of attentional focus includes the ability of an athlete to both narrow and broaden his attention when necessary. Performing in an athletic event requires an athlete to narrowly focus upon the task at hand in order to realize success. (Richard H, Cox, 2002)

1.10.5 RELAXATION

Relaxation is crucial at top sporting levels; and it is the primary technique that athletes use in order to cope with pressure (Hardy, 1997).

Athletes who are usually present in sport often create physical tension, physical relaxation may be useful to help athletes manage their physical levels energy to allow them to perform well (Vealey, 2007). Relaxation is to decrease unwanted
muscular tension, reduce extreme activation of the sympathetic nervous system, and
calm the mind by keeping it productively occupied. (Burton and Raedeke, 2008)

Researchers agreed that successful elite athletes regularly use relaxation
technique to manage their physical energy (Howland, 2006). The use of relaxation
techniques is to increase athletic performance. Coaches recognized the importance of
relaxation in competitive winner, often encouraging athletes either to relax or to
“psych up” if a player wants to be more successful. (Newmark and Bogacki, 2005).

An athlete has difficulty getting to sleep, especially nearing and during
competition, relaxation must become an important daily aspect. The most common
form of physical relaxation is progressive muscular relaxation, a method that takes 2-
15 minutes to complete. Progressive muscular relaxation has been used to enhance
sporting performance by reducing anxiety and enhancing self-efficacy (Haney, 2004).

1.11 TRAINING

‘Training is a systematic process of repetitive and progressive exercise or
work involving also learning process and acclimatization The word ‘training’ is used
in its broad sense and its meaning varies with the field of application. In sports, the
word training is generally understood to be a synonym of doing physical exercises. In
its narrow sense, training is doing physical exercises for the improvement of

1.12 TRAINING IN FOOTBALL

Training in football should attempt to match the functional movements and
precise demands of game play as closely as possible. The major aim of training for
football should be to improve performance in game related tasks. Training should be
designed with safety and injury avoidance as priorities. If football players are to
obtain the benefits of investing time and energy in training, then programmes should
be designed to provide optimal effects. The training requires adherence to carefully planned and executed activities. The purpose of the training is identified by five training principles: specificity, progression, overload, reversibility, and type. In addition, training is quantified by frequency, intensity, and time (duration). The short form for these terms grouped together is SPORTFIT. (Gareth Stratton, 2004)

S - Specificity  
P - Progression  
O - Overload  
R - Reversibility  
T - Type

1.13 DRILLS

A drill is a structured activity that seems to coincide with one definition of a game, namely an activity of uncertain result characterized by organized play, competition, two or more sides, criteria for determining the winner, and agreed upon rules. Drills are a valuable tool and can aid the athlete in the learning and perfecting of specific skills. Drills can help in the development of ideal technique in a particular event. They serve as a useful tool in the warm up. (Blanchard, and Taylor Cheska, 1985)

1.14 DRILLS IN FOOTBALL

A football player needs to master many different skills, such as football moves, shooting, passing, etc. In order to be successful on the football field, once a player learns a skill, he will also need to maintain it. The best way for doing that is to participate in various drills. The fundamental thing a football player needs to know about football drills is that he really needs to work hard during them in order to develop their skills.
Drills are pretty general, like passing, shooting, dribbling with ball and without ball drills etcetera. Football drills are one of the vehicles that develop great football players, whether the drills are done alone in a team setting. Proper performance of a drill is a key to the overall success of that particular football drill. It’s not the drill alone that delivers successful footballers and teams. Every drill must be approached with a multi faceted effort. Football drills comes in all sizes and shape. They are done with the ball and without ball. It is important to note that some drills must be done as a team and other drills can be done as an individual. The advantages of conditioning with the ball at feet include reduced boredom, increased technical work, improved teamwork and more. Using small and large sided games is an effective strategy. (Owen, 2011)

1.15 SKILL

Skill is an indicator of one’s current level of proficiency on a given task and represents a combination of the athlete’s abilities, capabilities and practices or experience with the task. Skills are classified into three categories technical, tactical and mental.

Technical Skill requires the effective execution of a particular movement.

Tactical Skill refers to the kind of decision making that enable athletes to gain an advantage over their opponent.

Mental Skill involves the effective mobilization of the thought and feelings. Athletes need in order to remain poised and confident while executing their technical and tactical skills. (Craig A, Wrisberg, 2007)

1.16 SKILLS IN FOOTBALL

Skill is undoubtedly one of the most essential factors for a footballer who uses it automatically. Skill is a nature prerequisite of a good footballer for solving all
requirements at any stage of the game. Every player should have the maneuverability of the ball at any tempo. Even at a very fast tempo and under great pressure from the opponent, a player should not lose sight of the ball. A player who is physically fit and technically sound always looks around him by keeping his head up and acts decisively. (Sukumar Saha, 2008).

A skill in football involving large numbers of participants tends to be complex in nature, making them difficult to understand and to participate in fully. Many hours of practice and experience of a variety of situations are required before a player can be recognized as a competent or advanced performer. The rate of progress towards competence depends on factors such as ability, fitness level, knowledge and experience of similar events, age, time and degree of involvement in practice and playing. All sports involve the application of skill of some kind cognitive or intellectual, perceptual or motor. Football involves all three skill types operating simultaneously in a rapidly changing environment. Skill is defined as “the learned ability to bring about predetermined results with maximum certainty and minimum outlay of time and energy”. Skills have been classified as ‘open’ or ‘closed’. Open skills are those which are dictated by and are varied according to external situations. Closed skills are pre learned sequences of movements, little affected by the environment, and are well timed and coordinated. Football is an ‘open skilled’ game requiring rapid responses to unpredictable situations but with some ‘closed skill’ events also evident, such as free kicks, corner kicks, etcetera. Football skill involves making correct decisions and then executing that which has been decided upon. (Knapp, 1974)

Skilled movement must be executed under the situation of match related conditions of restricted space, limited time, physical and mental fatigue and opposing
players. Football players have to possess moderate to high aerobic and anaerobic power, have good agility and joint flexibility, and be capable of generating high torques during fast movements (Reilly, Bangsbo and Franks, 2000).

The sport of football is unique in demanding excellent physical fitness and excellent technique. Without strong technical skills a player will not be able to score goals or defend effectively. Dribbling, passing, shooting, Kicking and heading are fundamental techniques. (Thomas E, Larkin, 2008)

1.16.1 DRIBBLING

Dribbling is the ability to run with the ball at your feet. (Scott Murray, 2010).

Dribbling means to attack the defender using the dribble as a way of advancing toward your opponent’s goal. Players should attack the open space behind the defender in a manner that takes them directly toward the opponent’s goal by being creative and using different dribbling feints to beat the defender. Emphasize the importance of exploding, or accelerating, into the open space that was created by the feint. This change of pace allows the player with the ball to leave the defender behind and penetrate toward the goal. (Thomas E, Larkin, 2008)

1.16.2 PASSING

Football is a passing game. Passing means the action of sending the ball to a teammate. No other skill shows team work better than passing. Passing is the main form of communication between players. A pass is considered to be good if executed in the nick of time, in the right direction and with proper force, so that it can be controlled without any difficulty by the receiver and carry out the movement easily. Every pass must have some purpose and it is better to vary the nature of a pass from short to long, low to high. (Sukumar Saha, 2008)
1.16.3 SHOOTING

Shooting in football is an attempt to send the ball directly into the opponent’s goal with the aim to score. It is based on individual and collective action. When shooting is practiced during preparation it is, its technique, whereas shooting at the goal in the match is tactical. (Sukumar Saha, 2008)

1.16.4 KICKING

Kicking is an act of propelling the ball by striking with the foot. Kicking is without doubt the most widely studied skill in football. Kicking, like many of the skills in football, is developmental in nature and it has been shown that it develops from an early age. The range of kicking styles and kicking distance is typically influenced by the player’s ability and their power. (Thomas Reilly, 2003)

1.17 PLAYING ABILITY

Playing ability is the performance of the players on the field during practice and during competition. When the players get mastery over the fundamental skills, may put them into specific football games. To play better football, the fundamental as well as final skills need to be worked on and perfected. The team with high offensive and defensive skills is capable of winning high percentage of competitive matches.

Evaluating individual playing ability or performance within a team sport environment can present as a difficult task for team sport coaches. In football the players performance relies on the interplay of individuals in tactical moves, the competence of players in the basic skills of passing, dribbling, shooting, kicking and tackling and in the more specific skills associated with particular playing positions. Defensive skills include guarding opponents, tackling and positioning to defend from the opponent team players using quickness to intercept or steal the ball, and rebounding missed shots. (Thomas Reilly, 2001)
1.18 REASON FOR SELECTION OF THE TOPIC AND VARIABLES

Football is an extraordinary sport requiring high levels of physical fitness which is important to all levels of players. Various researches have proved that physical training will enhance physical fitness variables like speed, agility, flexibility, explosive power and cardio vascular endurance. Still there are major lack in researches that to which extent, specific football drills with psych up strategies will influence the selected physical fitness variables namely speed, agility, flexibility, explosive power and cardio vascular endurance. Hence, the investigator chose the above mentioned physical fitness variables for this research.

Football is a game in which a player desires the basic ball skills to run faster with ball, to make a shoot through the goal and to make plenty of dribbling continuously. Skills such as passing, shooting, dribbling and kicking are considered as the fundamental skills of football. Research and experience have already proved that the football skills and overall playing ability during competition and practice session goes by the result of proper football drill training and preparation. There are still lack in researches that to which extent the use of proper football drills combined with psychological training will improve the game skills and playing ability. Hence, the investigator has selected the game skill variables namely passing, shooting, dribbling, kicking for distance with right foot, kicking for distance with left foot and playing ability for this study.

Numerous studies have been carried out on football training. Psychological training deserves an equal importance to an athlete as physical training. In most sports, success comes from utilizing and maximizing a combination of technical, tactical, physical, and psychological abilities. Having kept this in mind and since it was found that psych up strategy yields a host of advantageous and vital role on team
preparation among football players. Hence the investigator was motivated to ascertain the effects of specific football drills with and without psych up strategies in this research.

The variables were selected based on the discussions with experts, feasibility of the criteria, availability of tools, and the relevance of the variables to the present study. Hence, the investigator selected the research entitled “Efficacy of Specific packages of football drills with and without psych up strategies on selected physical fitness, game skill variables and playing ability among inter collegiate football players”.

1.19 OBJECTIVES OF THE STUDY

1. The study will help to find out the efficacy of specific packages of football drills with and without psych-up strategies on the physical fitness variables like speed, cardio vascular endurance, agility, explosive power and flexibility among inter collegiate football players.

2. The study will help to find out the efficacy of specific packages of football drills with and without psych-up strategies on the game skill variables like passing, shooting, dribbling, kicking for distance among inter collegiate football players.

3. The study will help to find out the efficacy of specific packages of football drills with and without psych-up strategies on the playing ability among inter collegiate football players.
1.20 STATEMENT OF THE PROBLEM

The purpose of the present study is to find out the efficacy of specific packages of football drills with and without psych-up strategies on selected physical fitness, game skill variables and playing ability among inter collegiate football players.

1.21 HYPOTHESIS

1) It was hypothesized that the specific packages of football drills with psych up strategies would have a greater significant improvement on the selected physical fitness variables namely speed, agility, flexibility, explosive power and cardio vascular endurance than the specific packages of football drills without psych up strategies among inter collegiate football players.

2) It was hypothesized that the specific packages of football drills with psych up strategies would have a greater significant improvement on the selected game skill variables namely passing, shooting, dribbling, kicking for distance, right foot and kicking for distance, left foot than the specific packages of football drills without psych up strategies among inter collegiate football players.

3) It was hypothesized that the specific packages of football drills with psych up strategies would have a greater significant improvement on playing ability than the specific packages of football drills without psych up strategies among inter collegiate football players.
1.22 SIGNIFICANCE OF THE PROBLEM

1. This study might be useful to the physical educationists, coaches and the players to use as an initial device for developing physical fitness, game skill and playing ability.

2. This study will provide additional evidence to the psychological field by compare the effect of specific football drills with psych up strategies.

3. This study will help for physical educationists and coaches to draw up suitable training schedules to improve specific fitness, game skill and playing ability of the football players.

4. This study will add more idea about the psychological training in the game of football.

5. It may also promote and create innovative movements in coaching and training for further research in football.

1.23 DELIMITATIONS

The present study is delimited into the following aspects.

1. The samples of the players for the present study was delimited to the football players participated in the inter collegiate tournaments only.

2. Only forty five intercollegiate level football players from Chennai city were selected for this study.

3. The samples for the present study were delimited to the men football players only.

4. The standardized tests were used to collect related data on the selected dependent variables.
5. The dependent variables selected for this study were,

a) Physical Fitness Variables
   (i) Speed
   (ii) Agility
   (iii) Explosive power
   (iv) Flexibility
   (v) Cardio vascular endurance

b) Game Skill variables
   (i) Passing
   (ii) Shooting
   (iii) Dribbling
   (iv) Kicking for distance, Right foot
   (v) Kicking for distance, Left foot

c) Playing Ability

6. The selected independent variables for this study were,

   (i) Specific packages of football drills with psych-up strategies
   (ii) Specific packages of football drills without psych-up strategies

1.24 LIMITATIONS

The limitations of the present study are as follows.

1. Food habits, rest period, life style etcetera were not considered.

2. Heredity and environmental factors which contribute to performance have not been controlled.

3. The subject’s previous experiences in the game of football were not considered.
1.25 DEFINITION OF THE TERMS

1.25.1 FOOTBALL

Football is a ball game played on a rectangular grass or artificial turf field, with a goal by manoeuvering the ball in to the opposing goal. The goal keeper is the only player allowed to use his hands or arms to propel the ball, the rest of the team usually use their feet to kick the ball in to position. (Subhash K, Goyal, 2009)

1.25.2 SKILL

Skill may mean the quality of a person’s performance at some task. Skill in sport is being able to execute the techniques and tactics to play the sport. (Rainer Martens, 2004)

1.25.3 DRILLS

Drills are a part of the movement, that the entire skill must be put together and practiced in order for an athlete to become faster. (John M, Cissik, 2002)

1.25.4 PSYCH UP STRATEGY

‘Psych-up’ refers to psychological readiness and ‘strategy’ refers to long term plan. Psych up strategy helps an individual to get into a state of psychological readiness for an action, performance etcetera. (Loehr, 1986).

1.25.5 PREPARATORY AROUSAL

Preparatory arousal is a strategy in which an individual purposefully engages in an activity to get themselves emotionally “pumped up” or “charged up” to increase the body’s level of arousal. (Parker, 2011)

1.25.6 IMAGERY

Imagery has been defined as “using all the senses to re-create an experience in the mind” (Vealey & Greenleaf, 2001)
1.25.7 ATTENTIONAL FOCUS

An athlete’s ability to attend to appropriate stimuli competition has been termed attentional focus. (Richard H, Cox, 2002)

1.25.8 SELF TALK

Self talk has been defined as occurring anytime one thinks about something (Gammage, 2001).

Self-talk is defined as “(a) verbalizations or statements addressed to the self; (b) multidimensional in nature; (c) having interpretive elements associated with the content of statements employed; (d) is somewhat dynamic; and (e) serving at least two functions, instructional and motivational, for the athlete” (Edwards, Tod, and McGuigan, 2008).

1.25.9 RELAXATION

Relaxation is to decrease unwanted muscular tension, reduce extreme activation of the sympathetic nervous system, and calm the mind by keeping it productively occupied. (Burton and Raedeke, 2008)

1.25.10 PHYSICAL FITNESS

Physical fitness may be defined as the organic capacity of the individual to perform normal tasks of the individual, to perform normal tasks of daily living without undue tiredness or fatigue, having a reserve of strength and energy to meet satisfactorily and emergency demand. (Clarke, 1943)

1.25.11 SPEED

Speed is the ability to perform a movement in a short period of time. In other words, speed may be defined as the capacity of the individual to perform successive movements of the same pattern at a fast rate. (Yobu, 2010)
1.25.12 AGILITY

Agility is the ability to change the entire position of the body in space. In other words the ability of the body or parts of the body to change direction rapidly and accurately. Agility is the ability to move the body or parts of the body in space or on the ground in order to change directions quickly and accurately. (Yobu, 2010)

1.25.13 FLEXIBILITY

Flexibility is the ability of a joint to move with 100% of its possible movement range”. It may be defined as the range of movement in a joint. Flexibility is an important component of physical fitness that is frequently neglected. It is defined as the functional capacity of the joints to move through a full range of motion. (Yobu, 2010). The range of motion around a joint, or more simply the degree to which an individual can move his limbs with grace and efficiency is flexibility. (Jerrold S, Greenberg, 2004)

1.25.14 EXPLOSIVE POWER

Explosive power is the ability to release maximum force in the shortest possible time and to exert maximum muscular contraction instantly in an explosive burst of movement. (Hardayal Singh, 1991)

1.25.15 CARDIO VASCULAR ENDURANCE

Cardio vascular endurance may be defined as “the ability to sustain a series of repetitions of an activity without unduly taxing the physiological systems that furnish the fuel and oxygen to the muscles” (Yobu, 2010)

1.25.16 PASSING

Passing means the action of sending the ball to a teammate. (Sukumar Saha, 2008)
1.25.17 DRIBBLING

The term dribbling refers to a series of short kicks or taps made by a player as he advances with the ball. (Tewatia and Mahesh Chand, 2006)

Dribbling means controlling and moving the ball with soft strokes of the feet combined with body swerve, acceleration, change of pace while changing the direction. (Sukumar Saha, 2008)

1.25.18 SHOOTING

Shooting in football an attempt to send the ball directly into the opponent’s goal with the aim to score. (Sukumar Saha, 2008)

1.25.19 KICKING

Kicking is an act of delivering a ball with the foot on air. (Thomas E, Larkin, 2008)